

The Triduum - the final three days of Holy Week~~ would you like to participate?

- ❖ Are you a single woman, between the ages of 18 and 30 longing for a special way to celebrate Holy Week?
 - ❖ Are you wondering if there is “something more” rather than going to Mass on Holy Thursday, another separate Liturgy on Good Friday and yet another separate Easter Vigil?
 - ❖ What would it be like to experience the Triduum (Holy Thursday, Good Friday, Holy Saturday into Easter Sunday) as a whole—having these Sacred Mysteries including Sacred Silence form these days?
 - ❖ What would it be like to begin Holy Thursday, Good Friday and Holy Saturday with the Tenebrae (Vigils and Lauds combined) a service that originated in monasteries?
 - ❖ What does Tenebrae mean? “Darkness or shadows”. A special candelabra called a “hearse” in the shape of a triangle has 7 beeswax candles on each side and a white candle on the top. After each psalm, a Sister extinguishes a candle until just the white “Christ” candle burns. To experience this “darkness” that apparently overtook the Light, this Sister removes this candle to a side room.
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- + On Holy Saturday morning help us prepare for the Easter Vigil
 - + Join us for the Blessing of the Easter food on Holy Saturday morning
 - + At the Easter Vigil, participate in the lighting of the fire and the blessing of the Easter Candle
 - + Process in silence into the darkened church
 - + Receive and pass the Christ light from the Paschal candle to others
 - + Let the Exultet: “this is the night...” resonate within you
 - + Be caught up in our salvation history through the seven readings of the Old Testament and the singing of these seven responsorial psalms
 - + And the two readings from the New Testament from St. Paul and the Resurrection Gospel from Luke
 - + The renewal of our Baptismal vows during the Easter Vigil

- ✚ Begin the Solemn feast of Easter with sung Lauds
- ✚ Easter Mass at 8:00 am (preceded by Terce)
- ✚ Celebrate the noon meal (after sung Sext/None) with the nuns

✓ Can't stay the whole time – join us for the time period that fits your schedule

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For more information or to schedule your visit

vocations@stemma.org OR

call Sr. Maria Johanna OSB 724-610-7595